

*Albuquerque Public Schools
Risk Management Department*

Sun and Heat Safety Quiz

Name: _____ Location: _____

Employee Number: _____ Date: _____

Read each question and select the correct answer by circling "True" or "False"

1. Ultraviolet (UV) radiation is one form of energy emitted by the sun.
True
False
2. Clouds block UV radiation.
True
False
3. Persons with darker skin do not have to worry about UV radiation or sunburn.
True
False
4. Skin cancer is the most common form of cancer.
True
False
5. Exposure to UV radiation appears to be the most important environmental factor in the development of skin cancer
True
False

6. Excess exposure to UV radiation may increase the incidence of cataracts.
True
False
7. In heat exhaustion, the surface blood vessels and capillaries which originally enlarged to cool the blood collapse from loss of body fluids and necessary minerals.
True
False
8. No sunscreen offers 100% protection from the sun's damaging UV.
True
False
9. If you are looking for very high sun protective clothing - for outdoor work, - choose dark colors, as they are better at absorbing UV than light colors
True
False
10. Electrolyte drinks are good for replacing both water and minerals lost through sweating
True
False

Once finished, give this quiz to your supervisor so it can be sent to Risk Management.